

Omron Pedometer User Guide

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Pedometer - Omron Healthcare Wellness & Healthcare Products

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User manual OMRON Alvita® Ultimate Pedometer HJ-325

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KNOW YOUR UNIT SETTINGS READING THE CURRENT DISPLAY ...

Measure your stride length before beginning to set the pedometer. How to measure your stride length 1. Walk 10 steps with your normal stride as illustrated below. 2. Measure the distance from START to END in inches. 3. Calculate your stride length by dividing the total distance by 10. Example: Total distance = 320" 320 ÷ 10 = 32 inches (2 feet 8 inches)

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When you're aiming to lose weight or just get in better shape, walking can be one way to do it, whether it be walking on a treadmill or going out for a stroll on your lunch break. But if you want to get a sense of how much walking you're doing throughout the day, you may want to use a pedometer.

How to Set Up an Omron Pedometer | Livestrong.com

HJ-325_Instruction_Manual

HJ-325_Instruction_Manual - Omron Healthcare

After walking for a while, you may lose some weight or change your stride length, which means you'll want to reset your Omron Walking Style Pedometer. Press the "Set" button on the Omron Walking Style Pedometer for two seconds. The hour starts flashing. You might have taken up a program of regular brisk walking to maintain or improve your health.

How to Reset an Omron Walking Style Pedometer

Compare activity monitors (stand alone activity trackers) and buy online. Free shipping from £75 - OMRON UK.

Buy OMRON Activity Monitor (Pedometer) Online UK

If your device features Bluetooth Smart you can use "OMRON connect" on your smartphone. Go to <http://omronconnect.com> for details. If your device requires a USB cable you can use Bi-LINK Health Management. Details can be found at bi-link.omron.com

OMRON-Healthcare - Activity Monitor - Walking style IV Black

To assure the correct use of the product basic safety measures should always be followed including the warnings and cautions listed in this instruction manual. SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL

Omron HJ-320, Pedometer HJ-320 User Manual

Omron Healthcare is a leader in medical equipment for therapy and health monitoring with a range of products that include blood pressure monitors, temperature measurement devices, respiratory therapy devices, electronic fever thermometers and body fat monitors.

Omron United Kingdom

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